



Pathfinder Honour: Trainer's Notes

Housekeeping



Instructions to Trainers / Instructors of this Honour

Thankyou for being involved with this Honour. These notes have been developed to assist in teaching / instructing this honour. We recognise that there is much more information available and we are grateful that you should share your expertise.

Please remember that Honours are designed to develop our Pathfinders in many ways; their interests, their knowledge and their relationship with their Saviour and Creator. Your enthusiasm and creativity will have a huge impact on those doing the honour.

To complete an Honour, the following (where applicable) must be completed satisfactorily:

- Physical and Practical Requirements.
- Honour Workbook.
- Honour Assessment Sheet. (*On SPD Honour Website but Leader's level access is required*)

Additional Reference Material

Acknowledgements

http://en.wikibooks.org/wiki/Adventist_Youth_Honors_Answer_Book/Household_Arts/Housekeeping

This site was very useful and most of these Trainer's notes have been adapted from this source. Please be aware that material on Wikibooks or other any other source is beyond the control of the South Pacific Division of SDA.

Housekeeping Honour

Before You Start

The requirements for this honour were downloaded from the General Conference website. We are thankful for, and acknowledge Wikibooks as a most useful source for these notes. See http://en.wikibooks.org/wiki/Adventist_Youth_Honors_Answer_Book/Household_Arts/Housekeeping

We recognise the cultural diversity of our people in the South Pacific Division and the different climatic zones in which we live – from the tropics to places which have ice, snow and frost in winter. The places in which we live vary also. We have folks that live in high-rise apartments to those who live in places constructed of native materials. These factors influence our approaches to housekeeping.

We believe that the wisest approach to this honour is to present the ‘broad picture’.

You may find requirements that are of little relevance to you current housekeeping needs. Given the way we ‘run to and fro’ these days, we ask you to persevere and give your students a good general knowledge of the subject. We rely on your common sense and judgement.

REQUIREMENT 1: Have the Laundering Honour.

REQUIREMENT 2: List items used in keeping a house clean.

Housekeeping items include:

- Brooms and dustpans
- Mops and buckets
- Dust cloths
- Toilet brushes
- Scrubbing brushes
- Paper towels
- Sponges
- Vacuum cleaners
- Sweepers
- Furniture polish
- Window cleaner
- All-purpose cleaners

REQUIREMENT 3: Describe the best way keep stoves/cooktops, microwave ovens, and refrigerators clean.

The best way to keep these items clean is by cleaning them often. As soon as something is spilled on the stovetop, in the microwave, or in the fridge, it is a lot easier to clean than it will be later when the spilled item hardens.

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REQUIREMENT 4: Under what conditions do germs and pests thrive? Give ways of cleaning each of the following: basement, closets / wardrobes, cupboards, sinks, washbasins and toilets.

Germs and pests love filth, and that is the primary reason for keeping things clean. Germs and pests carry and spread disease, so keeping the house clean will also help keep its occupants healthy.

REQUIREMENT 5: State the proper way to prepare dishes for washing, either in the sink or dishwasher. State the correct order to wash silver, glass, table, and kitchen dishes.

Scrape all leftover food into a garbage disposal or into the trash / rubbish bin. Dishes with tough, stuck-on food may need to be soaked before it can be cleaned. Oatmeal becomes almost cement-like if it hardens in the bowl or pot, so soaking is almost absolutely a requirement. This is true whether the dish will be hand washed or machine washed.

Modern dishwashers do not require that the dish be rinsed before running it through the cycle - the dishwasher will rinse them at least as well as you will. If washing them by hand, it is a good idea to rinse them off first so that you do not spoil the water. It is difficult to get anything clean with dirty water! Once the dishes are prepared for washing, they should be stacked.

Glasses should be washed first, followed by silverware, table dishes, and finally kitchen dishes. In general, the order is to wash the cleanest items first, saving the dirtiest items for last. Glasses are difficult to get clean unless the dishwater is grease-free, so that is the reason they should be done first even if they are dirtier than the silver or table dishes. Keep an eye on the dishwater - if it becomes disgusting, change it!

REQUIREMENT 6: How should rugs, carpets, bedding, upholstered furniture, papered walls, painted walls, floors, and windows be cleaned?

Rugs

Rugs can be taken outside and shaken out, or even hung over a line and beaten. Keep shaking or beating the rug until dirt stops coming out.

Carpets

Carpets should be vacuumed frequently and steam-cleaned every now and then. If something is spilled on a carpet, it should be cleaned up right away. The best way to do this is by placing an absorbent material (dish towel, wash cloth, or paper towel) over the spill and pressing. As it absorbs the spill, move a dry area of the towel over the spill and continue until it no longer comes up wet. Some spills should be treated with an upholstery/carpet cleaner immediately after this or the carpet will be permanently stained (juices) or bleached (vomit).

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Bedding

Depending on the climate and culture, bedding can be comprised of many things – pillows, sheets, blankets, eiderdowns / bed covers and mattresses etc. The first thing to do is comply with the manufacturer's instructions. Here are some general hints.

Pillows usually have an outer covering that can be removed and machine washed. Let the padded portion of the pillow air out while the cover is laundered. Sheets are usually machine washed.

Blankets, eiderdowns / bed covers often require professional cleaning (ie dry cleaning). As an interim measure, these can be taken outside and shaken out or even hung over a line and beaten gently. Leave them in the sun for an hour or two.

Mattresses need to be cleaned once in a while and, if practical, turned over. Some folks find the special attachments of a vacuum cleaner useful. Also when cleaning, don't forget to clean under the beds.

Upholstered furniture

Furniture upholstered with cloth can (and should) be vacuumed whenever the carpets are vacuumed. Remove the cushions and vacuum the undersides, as well as the portion of the furniture underneath them. They can also be touched up with upholstery cleaner. Follow the directions on the bottle.

Furniture upholstered with leather can be wiped down with a damp cloth, and should be cleaned occasionally with leather cleaner. Be sure that the leather cleaner you choose is for furniture, or you may end up with stains on your clothing.

Papered walls

Papered walls should be cleaned with a slightly dampened cloth. Be careful not to get the paper too wet or it may peel off.

Painted walls

Painted walls are more durable than papered walls, so they can be scrubbed down with soapy water. Glossy finishes clean easier than satin or flat finishes, so when choosing a paint, keep that in mind. A bathroom, kitchen, or small child's room might be better served with a glossy finish. A ceiling or master bedroom can be painted with a flat paint.

Floors

Hardwood, tile, and linoleum floors should be swept frequently and mopped occasionally. Always sweep right before mopping. To mop a floor, fill a mop bucket half way with warm or hot water, and add a floor cleaner to it. Submerge the mop under the water, pull it up, wring it out, and then pass it over the floor, 'painting' the entire surface of the floor. Plan out where you will mop so that you do not have to walk over the damp floor. It is best to do this chore when small children are outside, not home, or asleep, as they sometimes have difficulty understanding that they should not walk on a wet floor.

Windows

Windows should be washed with window cleaner or with a mixture of vinegar and water. Spray the cleaner on the glass, and then wipe it off, being careful to not leave streaks. When washing both sides of the glass, make the last pass horizontally on the inside and vertically on the outside (or vice versa) so that you can tell which side of the glass a streak is on.

REQUIREMENT 7: How is trash/rubbish disposed of in your community?

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You will need to check with your local government for that information. Waste is most commonly placed in a landfill or incinerated. Some communities require that waste be sorted - household waste, garden/green waste, recyclables, construction waste, and toxic waste are all treated differently.

REQUIREMENT 8: What precautions should be taken in cleaning out a fireplace?

The main danger to be concerned with when cleaning out a fireplace is that of starting an accidental fire. Be sure the ash contains no embers by waiting until no fire has been burning for at least 12 hours. Cover the ashes with damp newspaper to keep the dust down, then shovel the ash into a bag, seal and take the bag outside. You may wish to wear a dust mask when doing this, and you may wish to cover the hearth with a tarp to contain the mess.

Do not douse a fire in a fireplace with water except in an emergency, as this can cause the firebox to crack. It will also cause the ash to harden and stick to the brick, making it difficult to clean.

Be sure to have the chimney cleaned by a professional annually so that soot and creosote do not build up - this is a fire hazard.

REQUIREMENT 9: What is meant by keeping a home 'baby safe'?

Babies have ways of making their own danger. A house that is 'baby safe' has been examined and actions taken to prevent a baby from endangering itself (or others).

Power outlets are covered so that the baby cannot insert paper clips, coins, or other conductive items into them. Cleaners, poisons, and other toxic items are stored out of the baby's reach - or better still - locked where they are inaccessible. Stairways are gated so the baby cannot fall down (or climb up and then fall down). Items smaller than a golf ball are choking hazards and should also be stored out of a baby's reach. Babies explore the world with their mouths, so they may try to eat anything that they can fit into their mouths.

REQUIREMENT 10: Plan and do the housekeeping work in a house for at least one week.

Whoever normally does this task will thank you, and if that person is you - well, at least you're getting an honor out of your effort now.